



Father of the Year Ari Stratakis, with Deacon Nikos Bekris, wife, Marcy, children, Christina, Arianna, and Michael, Pat Destein, Chairperson of the Father's Day Luncheon, and Mike Canellos, Programs Director.

ARI STRATAKIS NAMED FATHER OF THE YEAR

On Sunday, June 21th, Father's Day, Aristedes (Ari) Emmanuel Stratakis was proclaimed the Cathedral's 2009 Father of the Year, a most deserved honor. Ari was born in San Francisco on June 14, 1962 to Anna and Emmanuel Stratakis. A year later, his parents decided to take Ari and his sister, Chrisoula, back to Greece to live. They settled in Glyfada and spent their summers in the village of Amydalokefali on the island of Crete – the village where both his parents grew up. He has many fond memories of the childhood summers on Crete, but none as memorable as the day he was baptized. He was 4 years old. His parents dressed him up and told him he was going to a wedding. He was quite surprised when he was undressed and dunked in the Baptismal font!

In 1969 the family decided to move back to San Francisco. Ari lived on Guerrero Street and started attending church at Annunciation Cathedral. Annunciation became the foundation for most of Ari's activities and where he would meet most of his lifelong friends. He attended Sunday School and Greek School. Ari also participated in the Cathedral's Boy Scout Troop, basketball

program, and summer camp program at Yosemite. While attending Luther Burbank Junior High School Ari was introduced to the art of printing. He would go on to study printing at Balboa High School and later at City College in San Francisco. He didn't spend all his high school years in the print shop, though. He also played on the soccer team, ran cross country and was on the swim team. During his senior year, Ari bought his first printing press and set up shop in his parents garage. After graduation, he worked at commercial print shops during the day while continuing to build his own business at night. Finally in 1987, he decided to run his own shop full time and has never looked back. Despite many changes in the industry, Productive Printing is still going strong.

On his 18th birthday in 1980 he met his future wife, Marcy. Although his parents wanted him to marry a Greek girl and Marcy's parents did not want her to marry a Greek boy.... they decided to ignore their advice and get married anyway. On April 30 1988 they were married in the Greek Orthodox Church and had their reception at the Italian American Social Club to keep both sets of parents happy. 21 years later, they are still together. Their first daughter, Arianna was born in 1991 followed two years later by Michael. Christina surprised them with her arrival on Christmas Day 1997. All three children were

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baptized at Annunciation Cathedral by Father Stephen. Once the kids came along, Ari renewed his commitment to the Church, especially where the youth are concerned. He has been involved in the Dance program since Arianna started dancing at the age of 6, serving on the Board for many years. He has been coaching girl's basketball for 8 years. He takes great pride in teaching the girls and watching them evolve from 9 year olds who barely know the game into the skilled, responsible players they are in high school. He added the high school boy's team to his duties last year when the need arose. In addition to basketball, Ari also coaches the Cathedral's youth for the annual Volleyball Tournament at St. Nicholas Church in San Jose.

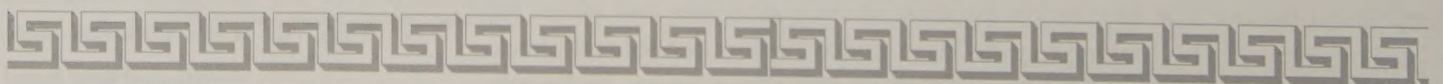
In 1999, Ari decided on his own to revitalize Annunciation Summer Camp. He had such fond memories of his camp experience at Yosemite that he wanted to provide an opportunity for the next generation of kids. Campers from several of the Bay Area parishes and their families have come together at Casini Ranch on the Russian River for five summer days for the past 9 years. Most recently, one can find him hanging out with GOYA, chaperoning their outings and helping out when needed. Annunciation Cathedral and the Greek culture are a big part of Ari's life. In addition to working with our youth, you can also find him helping out at the festival, participating in the Independence Day Parade and doing whatever needs to be done around the church. He is committed to keeping the Greek culture and the Orthodox religion alive for not only his own children, but for all the children of Annunciation. Congratulations, Ari. *Axios!*



Shown with His All Holiness Ecumenical Patriarch Bartholomew I are Father Stephen and Valerie Roumeliotes. Valerie is President of the Metropolis of San Francisco Ladies Philoptochos.

FATHER STEPHEN VISITS THE ECUMENICAL PATRIARCHATE

Father Stephen was asked by **Metropolitan Gerasimos** to go to Constantinople at the beginning of June, as part of a delegation representing the Metropolis of San Francisco, on the occasion of the Feast of St. Bartholomew, which is the Feast Day of the Ecumenical Patriarch, Bartholomew I. **Father Stephen** attended the Divine Liturgy and the luncheon following, together with **Fanis Economidis**, Vice-Chair of the Metropolis Council, **Valerie Roumeliotes**, President of the Metropolis Philoptochos, and **Dr. and Mrs. James Kallins**. **Metropolitan Nikitas of the Dardanelles**, a member of the Holy Synod, and Director of the PAOI, was also present and was seated in the stasidia reserved for Hierarchs of the Ecumenical Throne. The Church of Greece was represented by **Archbishop Ieronymos of Greece**. Delegations from throughout the Orthodox world were also present, to honor His All Holiness and to show solidarity with the Orthodox Christians of Constantinople. The following morning, His All Holiness received **Father Stephen** and **Valerie Roumeliotes** in his office. Father Stephen and Ms. Roumeliotes were accompanied by Metropolitan Nikitas. His All Holiness conveyed his blessings and best wishes to the faithful of our Metropolis and asked about the progress of the Cathedral's building efforts, which he personally blessed when he broke ground for the new Cathedral in 1997.



AUGUST: FEASTS OF THE TRANSFIGURATION, THE DORMITION OF THE THEOTOKOS/THE AUGUST FAST

August brings us great blessings, inasmuch as two major Feast Days are celebrated during the month, namely the Transfiguration and the Dormition of the Theotokos. The Transfiguration, celebrated on August 6, commemorates what is described in the Gospel according to St. Matthew, chapter 17, the Gospel according to St. Mark, chapter 9, and the second letter of St. Peter, chapter 1, when Jesus appeared before the disciples, together with Moses and Elias (or Elijah), "and He was transfigured before them. His face shone like the sun, and his clothes became as white as the light." (Mt. 17:2) The Dormition, celebrated on August 15, commemorates the falling asleep (or the death) of the Theotokos, the Ever-Virgin Mary,

a most solemn occasion, which recalls her role in the history of salvation, and points to the Lordship of Jesus Christ.

The *apolytikia* of the Feasts describe the Church's understanding of the meaning of these two feasts. For the Transfiguration: *You were transfigured upon the mountain, Christ our God, showing your glory to your disciples, as far as they were able. With the intercessions of the Theotokos, make your everlasting light shine upon us sinners. Giver of light, glory to You.* For the Formition: *In giving birth, O Theotokos, you have retained your virginity, and in falling asleep you did not forsake the world. You who are the Mother of Life have passed over to Life, and by your prayers you deliver our souls from death.* The Feast of the Dormition is preceded by a two-week period

of fasting. Known as the "August fast," we abstain from meat and animal products, and give added emphasis to our prayer life and to doing good.

The Divine Liturgy will be celebrated at the Cathedral on Thursday, August 6, at 10 a.m., preceded by Orthros, at 9 a.m. and on Saturday, August 15, at 10 a.m., also preceded by Orthros, at 9 a.m. The Office of Paraklesis will be celebrated at 10 a.m. on Monday, August 3, Tuesday, August 4, Friday, August 7, Wednesday, August 12, and Thursday, August 13. It will not be celebrated on Wednesday, August 5 (Eve of the Feast of the Transfiguration), nor on Monday, August 10 or Tuesday, August 11, since **Father Stephen** will be attending the Annunciation Cathedral's summer camp.



Father Stephen, standing before the Icon of the Dormition of the Theotokos at the Ecumenical Patriarchate, Constantinople, prior to his audience with the Ecumenical Patriarch on June 12.



Although covered over with plaster when Hagia Sophia was turned into a mosque in 1453, the Deisis is as vibrant today as when the mosaic was installed 1,000 years ago. The Theotokos and John the Baptist are shown to the right (your left) and to the left (your right) of Christ. Wouldn't it be something if we can replicate these icons on the Iconostasion of the our new Cathedral?

The human family constitutes the primary and essential element of human society. Peace in society will be a direct result of peace in the family.

Saint John Chrysostom
Fourth Century, Antioch

COOKING UP A STORM FOR FESTIVAL 2009: SEPTEMBER 25, 26, 27

On Tuesday, July 28, Annunciation Cathedral's 2009 Festival Committee met once again to assess preparations for "A Taste of Greece 2009." As we all know, the 2008 Festival was a most profitable, successful, and enjoyable one. With everyone's assistance and support, the Committee hopes to make 2009 and even better one. Your idea, input and participation are, therefore, most valuable. We invite you to participate by joining in the cooking effort, as delineated below. We also invite you to support the Festival by taking out an ad in the Festival souvenir book. A contract was mailed to each household during the early part of July. If you wish another contract, please call **Angie Leventis** at the Cathedral, at 415 864-8000. Meanwhile, if you would like to be a member of the Festival Team, or if you simply wish to offer a suggestion or two, we invite you to speak with our Festival Chairpersons, **Tula Kallas**, at 510 432-0194 or **Mike Canellos** at 415 864-8815.

OLI MAZI, LET'S COOK!

Please refer to the cooking festival, below, and join us. Except as noted, all cooking will take place in the Cathedral's Philoptochos kitchen. Not only do we have fun cooking, we also take time to have lunch. We invite you to join in.

Tuesday, August 11, "*Melamokarona*" 9:00 a.m. to 5:00 p.m. Chaired by **Philoptochos**

Monday, August 17 and Tuesday, August 18, *Tiropites*, 5:00 p.m. to 11:00 p.m. Chaired by **Tessie Calligeros**

Wednesday, August 19 and Thursday, August 20, *Baklava Preparation*, 9:00 a.m. to 5:00 p.m. Chaired by **Philoptochos**

Friday, August 28 and Saturday, August 29, *Moussaka*, 9:00 a.m. to 5:00 p.m. Chaired by **Loula Vriheas**

Thursday, September 3, *Galatoboureko*, 9:00 a.m. to 5:00 p.m. Chaired by **Philoptochos**

Tuesday, September 15 and Wednesday, September 16, *Kourambides*, 9:00 a.m. to 5:00 p.m. Chaired by **Mary Chicos**

Thursday, September 17 and Friday, September 18, *Dolmades*, 9:00 a.m. to 5:00 p.m. Chaired by **Spyridoula Stavropoulos**

Friday, September 18 and Saturday, September 19, *Bell Peppers*, 9:00 a.m. to 5:00 p.m. Chaired by **Ted Leventis**

Monday, September 21 and Tuesday, September 22, *Baklava Syrup Preparation and Baklava Baking*, 9:00 a.m. to 5:00 p.m., Chaired by **Philoptochos**

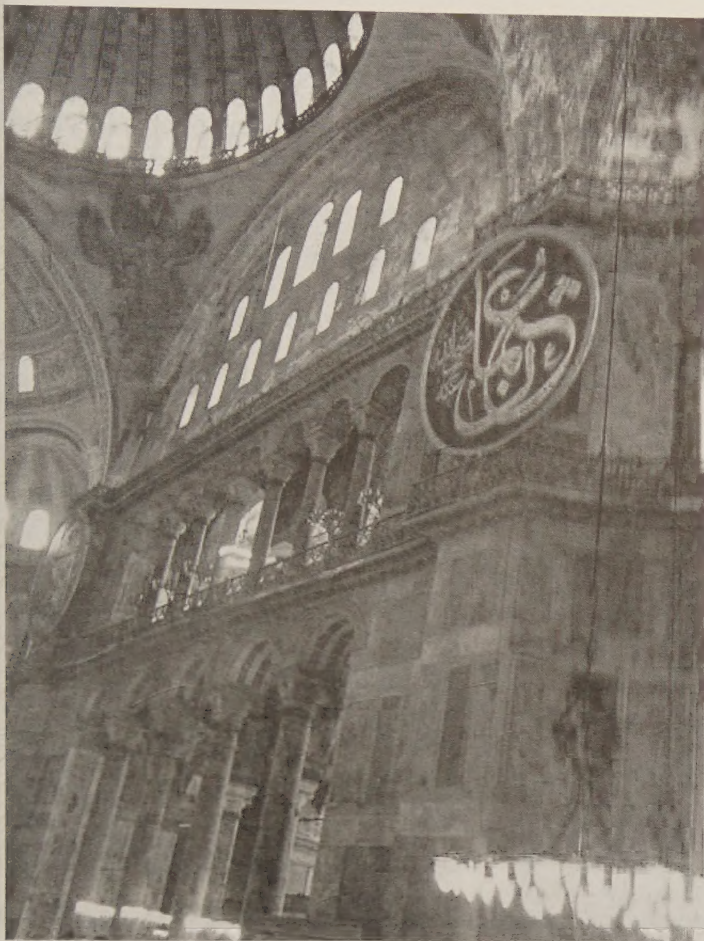
Tuesday, September 22, *Meat Cutting / Souvlaki Skewering*, 5:30 p.m. to 10:00 p.m. Chaired by **John Panomitros**

Wednesday, September 23, *Chicken Preparation*, 9:00 a.m. to 5:00 p.m. Chaired by **Pope Zakis**

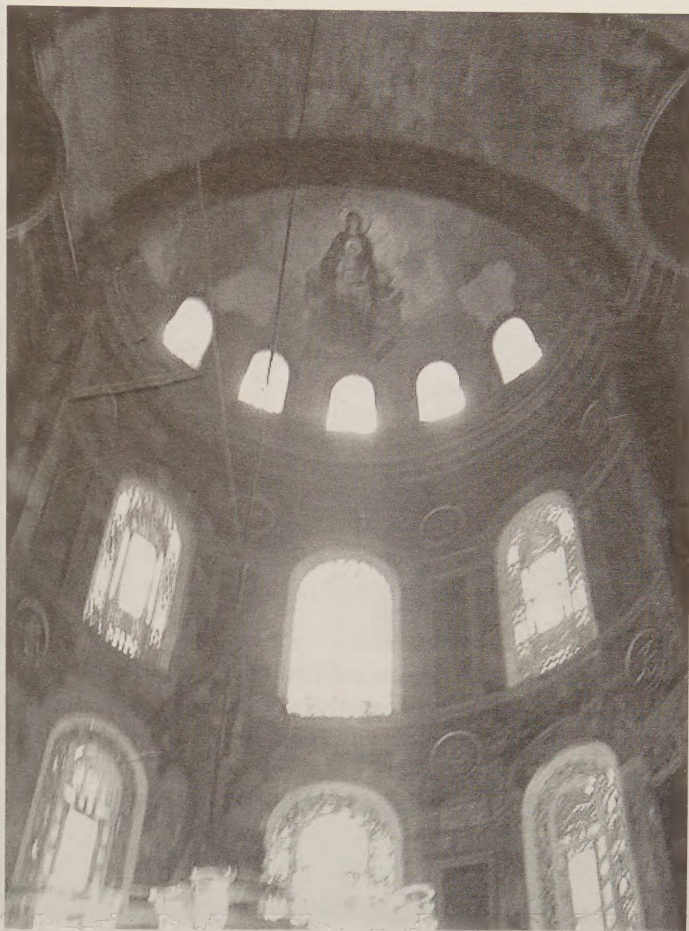
Thursday, September 24, *Rizogalo*, 9:00 a.m. to 5:00 p.m. Chaired by **Rose Sogotis**

BUILDING UPDATE: SOILS STUDY COMPLETED

Allwest Geoscience, Inc. has recently completed its soils study of our present site and has concluded that the site is buildable, given that the soil, up to twenty-four feet below, is liquefiable sand, and that there is groundwater above the area to be excavated. However, the soil below the twenty-four foot mark is very stable, and we will be digging to that level in order to build the two-level parking structure. The water issue will be addressed by the specific design and waterproofing of the structure, typical of building in our area. No hazardous materials were found in the soil. The report concludes: "The project is feasible from the geotechnical engineering perspective. No earthquake faults or other geologic hazards preclude or severely constrain the project." This is very good news for us. Based on the report and subsequent evaluation of the findings, Goldman Architects can now complete its schematic design for submission for preliminary approval. Once we get the "green light," we will proceed to the design phase, at which point a contractor will be brought on board to cost out the project. At that point, we will have a design and a cost, in other words, a project proposal, to put before the community. Since we will know the scope of the project, we will formulate a fund raising committee to plan a capital campaign. We anticipate all of this will take place the latter part of 2009. Needless to say, we are all very excited and we look forward to the actual building and completion of the Cathedral church.



The Great Church of Christ, Constatninople. *Haghia Sophia*. "We did not know whether we were in heaven or on earth..." remarked Russian emissaries upon their return to Kiev (quoted in the Russian Primary Chronicle). As a result, the Russian people were baptized and adopted the Orthodox Christian Faith, some 1,000 years ago.



Looking up at the apse of the Great Church, with the 10th century icon of the *Platytera* still intact.

O radiant light of holy glory, the immortal Father, heavenly and holy, blessed Jesus Christ. And now that we have come to the setting of the sun with all the light of eventide, we praise You the Father, Son, and Holy Spirit, One God. It is worthy at all times to praise You, with voices of holy song, O Son of God and giver of life, the world does glorify You.

Vesperal Hymn: O radiant Light, Phos Ilaron



NEXT COMMUNITY LINK AUGUST 15

Please join us for our upcoming Community Link, which will take place Saturday, August 15, following the Divine Liturgy. Typically, we meet at the Cathedral at 9 a.m., for prayer and visit assignments, and begin our visits by 10 a.m. (usually in pairs), concluding before lunch time. However, since August 15 marks the Dormition of the Theotokos, and is a major Feast Day of our Church, we will meet at 9 a.m., for visit assignments and discussion, attend the Divine Liturgy at 10 a.m. and then go out for our assignments, beginning at 11 a.m. Our visitations to home bound parishioners are very special, to us and to those we visit. They bring joy to our seniors who are experiencing isolation from their community due to illness, loss or hardship. Community Link is an excellent way for all of us, children, adults and families to engage with one another and to share the message of God's love. There are many ways we can do this. One is through prayer. Another is through our visitations. A third is by "adopting" a senior and, literally giving them a "lift." As we have stated on a number of occasions, many of the seniors we visit need rides to doctor appointments and to church. If you would be willing to help in this way, please contact **Caroline Pappajohn**, at 415 699-5633 or cpappajohn@yahoo.com. Community Link dates for the remainder of 2009, in addition to August 15, are: September 19, October 17, November 21, December 19. All dates are Saturdays. We look forward to seeing you.

REMEMBERING MOTHER'S DAY 2009

The Annunciation Cathedral Ladies Philoptochos put on an absolutely spectacular Mother's Day Luncheon and Fashion Show this year, in celebration of the 50th Anniversary of this annual sell-out event. The following photos speak for themselves:



The Mother's Day Luncheon and Fashion Show, held May 9: All eyes are on the fashion show, about to begin, featuring the fabulous collection of formal and bridal wear of Priscilla of Boston along with some very chic items from White Rose



A medley of recent brides



And future brides



Diala Athanasiades models Priscilla... perhaps for the next Cathedral Ball



Chrisoula Bissas Novo sports a contemporary bridal gown. Can you picture the dress on the first bride to come down the aisle of the new Cathedral, some time in 2013, perhaps even the end of 2012?

FOCUS ON YOUTH

CONGRATULATIONS TO NATALIA FRAGAKIS

The Annunciation Cathedral extends congratulations to **Natalia Fragakis**, who graduated from Turo University on June 7, 2009 with a doctorate degree in Pharmacy, enabling her to become a pharmacist. We take great pride in the progress of our youth, and are, therefore, very proud of Natalia and her family.

FDF TO BE HELD IN SAN JOSE JANUARY 14-18, 2010

The Metropolis of San Francisco has announced that the Greek Orthodox Folk Dance and Choral Festival, a ministry of the Greek Orthodox Metropolis of San Francisco, will be held in San Jose, CA over the Martin Luther King, Jr. holiday weekend, January 14-18, 2010. This will be the 34th annual FDF. Typically, the event, which draws over 2,500 young people and their families and friends, is held over the Presidents' Day weekend. However, because Pascha in 2010 will fall on April 4, FDF will be held approximately one month earlier. Parents, dancers and directors should plan accordingly. For us at the Cathedral, it means dance practice will be held during much of the summer months. Housing information, meanwhile, at the San Jose Marriott has been forwarded to our dancers and their families, for those who wish to stay in San Jose during this year's FDF.

DANCE PRACTICE DURING THE SUMMER

In view of the earlier date of the 2010 FDF, dance practice will continue through much of the summer. Parents and advisors will be busy making costumes, as dancers learn new steps and new songs. Also, new this season, is the formation of an adult group, being directed by **Deacon Nikos Bekris**. The adult group practices at the Cathedral Monday evenings, at 7:30 p.m. Those interested in participating in the adult group are asked to contact **Deacon Nikos** at deacon@annunciation.org.

Meanwhile, **Ekrixi** and **Erini** practice on Tuesday evenings, 6:30 to 7:30 p.m.

Ekrixi (jr. high school) is being directed by Michael Garibaldi. **Erini** (ages 7-10) is being directed by **Katerina Loufas, Alyssa Obester, Jimmie Stavarakas, and Arianna Stratakis**.

Seizmos practices on Tuesday evenings, 7:30 to 9:00 p.m. **Seizmos** (high school/adult), is being directed by **Leah Stavarakas**.

Spithes (ages 5-10) practices on Sundays, following the Divine Liturgy. **Spithes** (ages 4 to 7), is being directed by **Irene Kyriacou, Lea Lyberopoulos, Lea Papavasiliou and Nicholas Balian**. A new group for three to four year olds has been formed and practices on Sundays, following the Divine Liturgy. It is taught by **Irene Kyriacou, Lea Lyberopoulos and Shareen Saddick**.

BASKETBALL CLINIC TUESDAY, AUGUST 18 – FRIDAY, AUGUST 21

The Annunciation Cathedral is pleased to offer a summer basketball clinic for its youth. The purpose of the clinic is to teach younger children the basics of basketball as well as to improve the skills of our more accomplished players. It is the Cathedral's 5th annual clinic and it will be held in its Korinthias Gym, at 245 Valencia Street, San Francisco, from Tuesday, August 18 through Friday, August 21, 10 a.m. to 2 p.m., all five days. All youth, ages 7 to 14, are cordially invited to participate in this worthwhile instructional program. Snacks and lunch will be provided, along with instruction by former players from the Cathedral's various championship teams. Basketball shoes, shorts and/or sweats are required. Registration forms are available at the Cathedral office. If one prefers, a form may be requested by calling the Cathedral, 415 864-8000. The course is complimentary for children of Cathedral members. A fee of \$50 is applicable for children whose parents are not pledged members of the Cathedral.



ANNUNCIATION CATHEDRAL SUMMER CAMP

Once again, Annunciation Cathedral will sponsor a Family Summer Camp. Our 9th Annual Family Camp will take place August 7 through August 12 (six nights, five days), at the Casini Ranch Family Campground, along the Russian River. We invite you to experience the beauty of California's North Coast by participating in the Cathedral's summer camp program. The Campground consists of 120 acres, and includes a mile of sandy waterfront. Enjoy hiking, bicycling, volleyball, softball, horseshoes, fishing, Bible study and morning and evening prayer services, not to mention campfire, drifting along the river in a canoe, or just relaxing on the beach. Space is limited, and reservations are on a first come first serve basis. The Cost of \$370 for a family of 2 persons, \$390 for a family of 3 persons, \$410 for a family of 4 persons, and \$430 for a family of 5 persons includes all meals, but does not include the cost of a tent. For reservations and additional information, please call **Patty Rally**, at 650 344-3773.



From the recent GOYA barbeque: Mike Canellos cooks up a storm



All the Annunciation Cathedral's GOYAns, gathered for a day of fun and relaxation.



Elpida, Leah, and Jimmie Stavarakas, Harry Misthos, and Manoli Nuris



Katherine Curd, Alyssa Obester, Katerina Loufas, and Erini Misthos savoring the moment

Sacraments & Services

BAPTISM

Kaila Eleni, daughter of **Joseph Michael** and **Elena Miranda Matos Perez**, was baptized on July 19. His sponsors are **Tom Nicolas** and **Lisa Tololi**.

FUNERALS

Presbytera Margaret Mestakidis, who fell asleep in the Lord on June 24, was buried on June 30. She is survived by her daughter-in-law, **Sotiria Mestakidis**.

Loula Lekas, who fell asleep in the Lord on July 18, was buried on July 21. She is survived by her son, **George Pannos**.

The Cathedral expresses deep sympathies to family and friends of **George A. Copulos**, who fell asleep in the Lord on July 11.

The Cathedral also extends sympathies to the family of **Sydna Konstin**, who recently fell asleep in the Lord. Funeral services were held on July 29.

Aionia I Mnimi!
(Eternal memory!)

The Orthodox Church has always placed great emphasis on fasting. We fast on Wednesdays because on this day the decision was made to arrest Jesus. We fast on Fridays because it is the day on which Jesus was crucified. Fasting helps us remember that these are special days in the history of salvation.

Rev. Fr. Anthony Coniaris
Making God Real in the
Orthodox Christian Home

Saint Basil the Great
Fourth Century, Caesarea

Young people must be made to distinguish between helpful and injurious knowledge, keeping clearly in mind the Christian's purpose in life. So, like the athlete or the musician, they must bend every energy to one task, the winning of the heavenly crown.

AUGUST CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
Orthros 9 a.m., Divine Liturgy 10:30 a.m. Class on Orthodoxy 9 a.m. Dance practice 12-1 p.m.	Paraklesis, 10 a.m. Adult dance practice 7:30 p.m.	Paraklesis, 10 a.m. Dance Practice 6:30 p.m.- 9:00 p.m.		Orthros, 9 a.m., Divine Liturgy, 10 a.m.	Paraklesis, 10 a.m. Summer Camp Begins, through August 12	Summer Camp
9	10	11	12	13	14	15
Orthros 9 a.m., Divine Liturgy 10:30 a.m. Class on Orthodoxy 9 a.m. Dance practice 12-1 p.m. Summer Camp	Adult dance practice 7:30 p.m. Summer Camp	Melomakarona, 9 a.m. to 5 p.m. Dance Practice 6:30 p.m. - 9:00 p.m. Summer Camp	Paraklesis, 10 a.m. Summer Camp	Paraklesis, 10 a.m.		Orthros, 9 a.m., Divine Liturgy, 10 a.m.
16	17	18	19	20	21	22
Orthros 9 a.m., Divine Liturgy 10:30 a.m. Class on Orthodoxy 9 a.m. Dance practice 12-1 p.m.	Adult dance practice 7:30 p.m. Tiropites, 5 p.m. to 11 p.m.	Basketball Camp, 10 a.m. to 2 p.m. Dance Practice 6:30 p.m. - 9:00 p.m. Tiropites, 5 p.m. to 11 p.m.	Paraklesis, 10 a.m. Basketball Camp, 10 a.m. to 2 p.m. Parish Council, 7 p.m.	Basketball Camp, 10 a.m. to 2 p.m.	Basketball Camp, 10 a.m. to 2 p.m.	
23	24	25	26	27	28	29
Orthros 9 a.m., Divine Liturgy 10:30 a.m. Class on Orthodoxy 9 a.m. Dance practice 12-1 p.m.	Adult dance practice 7:30 p.m.	Dance Practice 6:30 p.m. - 9:00 p.m.		Young adult dinner	Mousaka, 9 a.m. to 5 p.m.	Mousaka, 9 a.m. to 5 p.m. Beheading of John the Baptist, Liturgy, 10 a.m.
30	31	SEPT 1				
Orthros 9 a.m., Divine Liturgy 10:30 a.m. Class on Orthodoxy 9 a.m. Dance practice 12-1 p.m.	Adult dance practice 7:30 p.m.	Dance Practice 6:30 p.m. - 9:00 p.m.				

Friday, September 25, Saturday, September 26. Sunday, September 27 . . FOOD FESTIVAL
Thursday, January 14-Monday, January 18, 2010 FDF, San Jose

*Prayer is the test of everything. If prayer is right,
everything is right.*

*Bishop Theophan the Recluse
Nineteenth Century, Russia*

*Let your prayer be completely simple, for both the
Publican and the Prodigal Son were reconciled by a
single purpose.*

*Saint John Climacus
Sixth Century, Mount Sinai*

Ο ΑΡΙΣΤΕΙΔΗΣ ΣΤΡΑΤΑΚΗΣ ΠΑΤΕΡΑΣ ΤΟΥ ΕΤΟΥΣ

Με μεγάλη χαρά, η Κοινότης του Καθεδρικού Ναού του Ευαγγελισμού ονόμασε τον Αριστείδη (Άρι) Στρατάκη Πατέρα του Έτους κατά το γεύμα που προσέφερε λόγω της Εορτής του Πατέρα στις 21 Ιουνίου. Στο αγγλικό μέρος του παρόντος δελτίου θα δείτε, λεπτομερώς, το βιογραφικό του Άρι. Σημειώνουμε ότι είναι υιός του Μανόλη και της Άννας Στρατάκη, γεννήθηκε στον Άγιο Φραγκίσκο, μεγάλωσε τα πρώτα 7 χρόνια στην Ελλάδα και έκτοτε στον Άγιο Φραγκίσκο, όπου έγινε ενεργό μέλος της Κοινότητας του Ευαγγελισμού της Θεοτόκου. Είναι αδερφός της Χρυσούλας Μισθού. Ενυμφεύτηκε την Μάρσεϋ. Μαζί έκαναν τρία παιδιά, την Αριανά, τον Μιχάλη και την Χρυστίνα. Και τα τρία είναι ενεργά μέλη της Κοινότητας. Παρακολουθούν το Κατηχητικό Σχολείο, τις συνεδριάσεις της νεολαίας, τα μαθήματα ελληνικών χορών, τα αθλητικά προγράμματα της Κοινότητας, κλπ. Ο Άρης φροντίζει, εκτός από την οικογένεια του και τη δουλειά του, για την πρόοδο της Κοινότητας, σε πολλούς τομείς. Ίδρυσε την κατασκήνωση για οικογένειες, βοηθά με το Κατηχητικό Σχολείο, και είναι ενεργό μέλος του Φεστιβάλ, ως προς τον σχεδιασμό και την εκτέλεσή του. Δραστήριος, πιστός, αφοσιωμένος, είναι άξιος συγχαρητηρίων.

Ο ΠΑΤΕΡΑΣ ΣΤΥΛΙΑΝΟΣ ΣΤΟ ΟΙΚΟΜΕΝΙΚΟ ΠΑΤΡΙΑΡΧΕΙΟ

Στις αρχές Ιουνίου ο Πατέρας Στυλιανός εταξίδεψε στην Κωνσταντινούπολη όπου έλαβε μέρος στον εορτασμό των ονομαστηρίων του Οικουμενικού Πατριάρχη, Κ Βαρθολομαίου Α΄. Εσυνόδευσε αντιπροσωπία που ονόμασε ο Μητροπολίτης Αγίου Φραγκίσκου κ Γεράσιμος για τον σκοπό αυτό. Παρευρέθηκε στη Θεία Λειτουργία ανήμερα της Εροτής του Αποστόλου Βαρθολομαίου, μαζί με τους υπόλοιπους αντιπροσώπους της Μητροπόλεώς μας, τον κ Θεοφάνη Οικονομίδα, την κ Βασιλική Ρουμελιώτου, τον ιατρό Δημήτρη Κάλλινς, μαζί με τη σύζυγό του. Επίσης έλαβε μέρος και ο Σεβασμιώτατος Δαρδανελλίων κ Νικίτας, διευθυντής του ιδρύματος "Αθηναγόρας". Ο ίδιος ο Αρχιεπίσκοπος Αθηνών κ. Ιερώνυμος παρευρέθηκε μαζί με αρκετούς εκπροσώπους της Εκκλησίας της Ελλάδος. Παυρέρέθηκαν πολλοί εκπρόσωποι όλων των Ορθοδόξων Εκκλησιών, και γα να εορτάσουν τα ονομαστήρια του Οικουμενικού μας Πατριάρχου, και να ενθαρρύνουν με την παρουσία τους τους Ορθοδόξους Χριστιανούς μας που μένουν στην Πόλη. Την επομένη, ο Πατέρας Στυλιανός έγινε δεκτός από την Αυτού Παναγιότητα εις το γραφείον του. Ο Πατριάρχης ρώτησε για την πρόοδο του Καθεδρικού Ναού όσον αφορά την οικοδομή του καινούργιου ναού, του οποίου τον θεμέλιον λίθον ο ίδιος έθεσε κατά την επίσκεψή του στον Άγιο Φραγκίσκο το 1997 και παρεκά-

λεσε τον Πατέρα Στυλιανό όπως διαβιβάσει τις ευχές και ευλογίες του εις τα μέλη του Καθεδρικού Ναού.

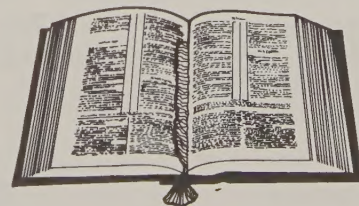
ΑΥΓΟΥΣΤΟΣ, ΜΗΝΑΣ ΔΥΟ ΜΕΓΑΛΩΝ ΕΟΡΤΩΝ

Ασφαλώς, αναφερόμαστε στην εορτή της Μεταμορφώσεως του Σωτήρος ως και εις την εορτήν της Κοιμήσεως της Θεοτόκου. Η Μεταμόρφωση του Σωτήρος περιγράφεται στο Ευαγγέλιο του κατά Ματθαίον, κεφ. 17, στο Ευαγγέλιο του κατά Μάρκον, κεφ. 9, και στην δεύτερη επιστολή του Αποστόλου Πέτρου, κεφ. 1, ως το γεγονός όταν "μετεμορφώθη ἔμπροσθεν αὐτῶν (τῶν ἀποστόλων Πέτρου καὶ Ἰακώβου καὶ Ἰωάννου), καὶ ἔλαψεν τὸ πρόσωπον Αὐτοῦ ὡς ὁ ἥλιος, τὰ δὲ ἱμάτια Αὐτοῦ ἐγένετο λευκὰ ὡς τὸ φῶς". (Ματθ. 17:2). Η Μεταμόρφωση του Σωτήρα εορτάζεται στις 6 Αυγούστου, ενώ η Κοίμησης (με άλλα λόγια, ο θάνατος) της Θεοτόκου στις 15 Αυγούστου.

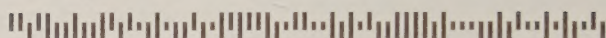
Τα απολυτίκια των δύο αυτών εοργών εξηγούν την σημασία τους όσον αφορούν την σωτηρία του ανθρωπίου γένους. Το απολυτίκον της Μεταμορφώσεως: Μετεμορφώθης ἐν τῷ ὄρει, Χριστὲ ὁ Θεός, δείξας τοῖς μαθηταῖς σου τὴν δόξαν σου, καθὼς ἠδύναντο. Λάμπων καὶ ἡμῖν τοῖς ἁμαρτωλοῖς τὸ φῶς σου τὸ αἰδιον, πρεσβεῖαις τῆς Θεοτόκου. Φωτοδότα, δόξα σοι. και της Κοιμήσεως της Θεοτόκου:

Ἐν τῇ γεννήσει τὴν παρθενίαν ἐφύλαξας· ἐν τῇ κοιμήσει τὸν κόσμον οὐ κατέλιπες, Θεοτόκε. Μετέστης πρὸς τὴν ζωὴν, μήτηρ ὑπάρχων τῆς ζωῆς· καὶ ταῖς πρεσβείαις ταῖς σαῖς λυτρουμένη ἐκ θανάτου τὰς ψυχὰς ἡμῶν. Η εορτή της Κοιμήσεως της Θεοτόκου προηγείται από μία περίοδο νηστείας, δύο εβδομάδων. Νηστεύουμε από κρέας και γαλακτερά, προσευχόμαστε πιο έντονα, και κάνουμε ακόμα περισσότερα καλά έργα.

Η Θεία Λειτουργία θα εορτασθεί ανήμερα της εορτής της Μεταμορφώσεως του Σωτήρος, Πέμπτη 6 Αυγούστου, στις 10 π.μ. αφού πρώτα τελεσθεί ο Όρθρος στις 9 π.μ., επίσης και το Σάββατο 15 Αυγούστου. Η Παράκλησις θα ψαλλεί στις 10 π.μ. τις ακόλουθες ημέρες: Δευτέρα 3 Αυγούστου, Τρίτη 4 Αυγούστου, Παρασκευή 7 Αυγούστου, Τετάρτη 12 Αυγούστου και Πέμπτη 13 Αυγούστου (όχι στις 5, που είναι η παραμονή της Μεταμορφώσεως, και όσι στις 10 ή στις 11 Αυγούστου, όταν ο Πατέρας Στυλιανός θα περευρίσκεται στη θερινή κατασκήνωση που οργανώνει ο Καθεδρικός Ναός).



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ΜΑΓΕΙΡΕΥΟΥΜΕ, ΕΛΑΤΕ ΚΑΙ ΣΕΙΣ ΝΑ ΒΟΗΘΗΣΕΤΕ

Όπως όλοι γνωρίζουν, το Φεστιβάλ του Καθεδρικού Ναού θα λάβει χώρα τη Παρασκευή 25 Σεπτεμβρίου, το Σάββατο 26 Σεπτεμβρίου και τη Κυριακή 27 Σεπτεμβρίου. Κατα την διάρκεια του Αυγούστου και του Σεπτεμβρίου γίνονται οι προετοιμασίες, με άλλα λόγια, μαγειρεύουμε. Σας καλούμε όπως έλθετε και βοηθήσετε. Παρακαλείσθε όπως σημειώσετε το κάτωθι οράριο:

Τρίτη 11 Αυγούστου, Μελομακάρονα, 9 π.μ. με 5 μ.μ.
Υπεύθυνη η Φιλόπτωχος.

Δευτέρα 17 Αυγούστου και Τρίτη 18 Αυγούστου,
Τιροπητες, 5 μ.μ. με 11 μ.μ. Υπεύθυνη η Τασία Καλλιγέ-
ρου.

Τετάρτη 19 Αυγούστου και Πέμπτη 20 Αυγούστου, Μπακ-
λαβάς, 9 π.μ. με 5 μ.μ. Υπευθυνη η Φιλόπτωχος.

Παρασκευή 28 Αυγούστου και Σάββατο 29 Αυγούστου,
Μουσσακάς, 9 π.μ. με 5 μ.μ. Υπεύθυνη η Λούλα Βριχέα.

Τρίτη 3 Σεπτεμβρίου, Γαλακτομπούρεκο, 9 π.μ. με 5 μ.μ.
Υπεύθυνη η Φιλόπτωχος.

Τρίτη 15 Σεπτεμβρίου και Τετάρτη 16 Σεπτεμβρίου,
Κουραμπιέδες, 9 π.μ. με 5 μ.μ. Υπεύθυνη η Μαρία Τσίκου.
Πέμπτη 17 Σεπτεμβρίου και Παρασκευή 18 Σεπτεμβρίου,
Ντολμάδες, 9 π.μ. με 5 μ.μ. Υπεύθυνη η Σπυριδούλλα Σταυ-
ροπούλου.

Παρασκευή 18 Σεπτεμβρίου και Σάββατο 19 Σεπτεμβρίου,
Πιπεριές, 9 π.μ. με 5 μ.μ. Υπεύθυνος ο Θεόδωρος Λεβ-
έντης.

Δευτέρα, 21 Σεπτεμβρίου και Τρίτη 22 Σεπτεμβρίου,
Μπακλαβάς, 9 π.μ. με 5 μ.μ. Υπεύθυνη η Φιλόπτωχος.

Τρίτη 22 Σεπτεμβρίου, Σουβλάκια, 5:30 μ.μ. με 10 μ.μ.
Υπεύθυνος ο Γιάννης Πανομίτρος.

Τετάρτη 23 Σεπτεμβρίου, Κότες, 9 π.μ. με 5 μ.μ. Υπεύθυνη
η Πόπη Ζάκη.

Πέμπτη, 24 Σεπτεμβρίου, Ριζόγαλο, 9 π.μ. με 5 μ.μ. Υπευ-
θυνη η Ροζ Σογότη.